



PRIMARY CARE CONFERENCES

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**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/ORTHOPEDICS/PULMONOLOGY/VASCULAR**

**Princeville, Kauai, Hawaii – The St. Regis Princeville Resort
May 12 – 16, 2019**

Sunday, May 12th:

2:30 pm – 3:00 pm

Registration

3:00 pm – 4:00 pm – Pulmonary

Asthma

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

4:00 pm – 5:00 pm – Pulmonary

Controversies in the Treatment of Common Respiratory Infections

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

5:00 pm – 6:00 pm – Pulmonary

Deep Venous Thrombosis and Pulmonary Embolism

Clinical presentation: The great masquerader; diagnostic controversies; acute treatment; chronic therapy and complications; ACCP Guidelines.

6:00 pm

Session Adjourns

Monday, May 13th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Cardiology

Work-up of Patients with Suspected CAD: Which Tests for Which Patients

Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

8:30 am – 9:30 am – Cardiology

Arrhythmia Management for the Primary Care Physician

Types and symptoms of arrhythmias; approach to the patient; when to refer, when to admit; atrial fibrillation; ventricular arrhythmias – when are they serious?

9:30 am – 10:30 am – Cardiology

Hypertension Update

2017 ACC/AHA Guideline; New goals of treatment; Special populations – diabetics, the elderly; Renal failure, resistant hypertension; Influence of frailty

10:30 am – 10:40 am

Coffee Break

10:40 am – 11:40 am – Pulmonary

Everything You Need to Know About COPD

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

11:40 am – 12:40 pm – Pulmonary

A Primary Care Approach to Lung Cancer Screening and Pulmonary Nodules

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

12:40 pm

Session Adjourns

Tuesday, May 14th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Vascular

An Overview of Peripheral Vascular Disease and Approaching Abdominal Aortic Aneurysms

Defining the spectrum of maladies included in peripheral vascular disease and understanding underlying arterial pathology including atherosclerosis; abdominal aortic aneurysm diagnosis, evaluation and treatment is also included

8:30 am – 9:30 am – Vascular

Stroke: Initial Presentation to Medical and Surgical Treatment

Carotid occlusive disease and stroke

9:30 am – 10:30 am – Vascular

Venous Thrombosis Through the Eyes of an Interventionalist

Venous Thrombosis: Diagnosis, evaluation and treatment

10:30 am – 10:40 am

Coffee Break

10:40 am – 11:40 am - Cardiology

Congestive Heart Failure

Etiologies and stages of heart failure; clinical evaluation; LV systolic vs. diastolic dysfunction; treatment including ACE inhibitors, ARBs, beta blockers; ACC/AHA Heart Failure Guideline Update

11:40 am – 12:40 pm – Cardiology

Primary and Secondary Prevention of CAD

AHA/ACC Updated Lipid Guidelines update; what about HDL-C?; metabolic syndrome; role of exercise and cardiac rehabilitation

12:40 pm

Session Adjourns

Wednesday, May 15th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Orthopedics

Knee Problems in Sport Medicine Practice

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal

8:30 am – 9:30 am – Orthopedics

Common Foot and Ankle Problems in Sport Medicine

A case presentation approach to common ankle and foot problems physician will see in clinical practice; historical and physical findings that helps the physician make the correct diagnosis; an anatomy-based discussion relevant to each problem; treatment review with focus on the conservative approach – good evidence based approach to restoring function; Ligament injuries (the classic inversion and the high ankle sprain), plantar fasciitis, tendinopathies/enthesitis/ apophysitis

9:30 am – 10:30 am – Orthopedics

Management of Low Back Pain for Primary Care

Review of the diagnostic triage of spinal pain. The skills to characterize an episode of spinal pain as ominous, radicular or mechanical will be reviewed. Current international guidelines on the management of spinal pain will be covered. Simple home based exercises for spinal pain patients will be presented

10:30 am – 10:40 am

Coffee Break

10:40 am – 11:40 am – Vascular

The Dysvascular Limb: How to Approach Swelling and Ulcers

The swollen limb and the ulcerated foot: organizational approach to the differential diagnosis, data gathering and evaluation, treatment options and follow-up



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11:40 am – 12:40 pm – Vascular

Case Studies

Challenging case presentations in vascular medicine

12:40 pm

Session Adjourns

Thursday, May 16th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Orthopedics

Shoulder Problems in Weekend Warriors

The common area of rotator cuff disorders, shoulder instability and acute injuries. Anatomy, physical examination, exercise prescription and injection techniques will all be mastered by the learner

8:30 am – 9:30 am – Orthopedics

Exercise Prescriptions for Primary Care Practitioners

Evidence based rationale for the prescription of exercise for general health and all musculoskeletal disorders. The five best exercises a clinician can prescribe will be contrasted with the five worst exercises a clinician can prescribe.

9:30 am

Conference Adjourns

Target Audience

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives

Upon completion of this program, participants should be better able to:

- Describe current diagnostic approaches to hypertension, congestive heart failure, and CAD
- Implement treatment strategies reflective of current evidence-based medicine for hypertension, congestive heart failure, and CAD
- Identify the pathophysiology and diagnostic approach of asthma, COPD, deep venous thrombosis and common respiratory infections
- Design treatment strategies reflective of current evidence-based medicine for asthma, COPD, deep venous thrombosis and common respiratory infections
- Describe the anatomy and function of the shoulder, knee and ankle joints
- Determine the basics and common pitfalls of orthopedic x-ray interpretation and exercise prescriptions in the primary care office
- List management strategies for effective management of low back pain
- Define the spectrum of maladies included in peripheral vascular disease
- Describe the evaluation and treatment of venous thrombosis
- Manage patients on direct oral anticoagulants

Learning Outcome

To provide updates in primary care medicine to office based providers

Disclosure of Conflicts of Interest

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Accreditation

Physician Accreditation

Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation

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ABIM MOC Recognition

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



American Academy of Family Physicians

This Live activity, *Internal Medicine for Primary Care*, with a beginning date of May 12, 2019 has been reviewed and is acceptable for up to 20 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association

These programs are approved for 20 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians

This program is approved by the American College of Emergency Physicians for a maximum of 20 hours of ACEP Category I credit.

Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

American Academy of Physician Assistants

AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)*TM from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 20 hours of Category I credit for completing this program.

Nursing Accreditation

Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This CE activity provides 20 contact hours of continuing nursing education.

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 20 contact hours.

Pharmacy Accreditation



Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: 0816-0000-19-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.